



USDA Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02-07-12)

Visit us at www.fns.usda.gov/fdd

100370 – BEANS, CANNED, KIDNEY, DRY, LOW-SODIUM, #10

| | |
|----------------------------|--|
| CATEGORY | <ul style="list-style-type: none">Meat/Meat Alternates or Vegetables/Fruits |
| PRODUCT DESCRIPTION | <ul style="list-style-type: none">U.S. Grade A canned dry red kidney beans, cooked and packed in salt water. |
| PACK/YIELD | <ul style="list-style-type: none">6/#10 cans per case. Each can contains about 108 oz kidney beans and liquid.One #10 can AP yields about 65 oz (9 $\frac{5}{8}$ cups) heated, drained kidney beans and provides about 38.9 $\frac{1}{4}$-cup servings heated, drained kidney beans OR about 19.45 $\frac{1}{2}$-cup servings heated, drained kidney beans OR yields 1 oz (about 10 $\frac{3}{4}$ cups) drained, unheated and provides about 43.4 $\frac{1}{4}$-cup servings drained, unheated kidney beans OR about 21.7 $\frac{1}{2}$-cup servings drained unheated kidney beans.CN Crediting: $\frac{1}{4}$ cup drained kidney beans (heated or unheated) provides 1 oz-equivalent meat/meat alternate OR $\frac{1}{4}$ cup drained kidney beans (heated or unheated) provides $\frac{1}{4}$ cup vegetable BUT NOT both components at the same meal. |
| STORAGE | <ul style="list-style-type: none">Store unopened canned kidney beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened canned kidney beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first. |

Nutrition Information

Beans, kidney, red, canned, mature seeds, drained

| | $\frac{1}{4}$ cup (64 g) | $\frac{1}{2}$ cup (128 g) |
|---------------|-----------------------------|------------------------------|
| Calories | 21 | 42 |
| Protein | 3.09 g | 6.18 g |
| Carbohydrate | 3.02 g | 6.04 g |
| Dietary Fiber | 3.4 g | 6.8 g |
| Sugars | 1.18 g | 2.37 g |
| Total Fat | .37 | .74 g |
| Saturated Fat | 0.053g | 0.093 g |
| Trans Fat | 0 g | 0 g |
| Cholesterol | 0 mg | 0 mg |
| Iron | 0.57 mg | 1.14 mg |
| Calcium | 12 mg | 24 mg |
| Sodium | 70 mg | 140 mg |
| Magnesium | 15 mg | 29 mg |
| Potassium | 124 mg | 248 mg |
| Vitamin A | 1 IU | 3 IU |
| Vitamin A | 0 RAE | 0 RAE |
| Vitamin C | 22.8 mg | 45.6 mg |
| Vitamin E | 0 mg | 0 mg |



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| PREPARATION/ COOKING INSTRUCTIONS | <ul style="list-style-type: none">• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.• Use a clean and sanitized can opener.• Heat without added salt. |
| USES AND TIPS | <ul style="list-style-type: none">• Use canned beans in soups, salads, and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt. |
| FOOD SAFETY INFORMATION | <ul style="list-style-type: none">• NEVER USE food from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements. |
| BEST IF USED BY GUIDANCE | <ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf. |

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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